

6600 Cradlerock Way, Columbia, MD (410) 313-7680 (410) 313-7688 (fax)

East Columbia 50+ Center **January 2017 Events**



eastcolumbia50@howardcountymd.gov Hours: Mondays and Wednesdays, 8:30 am-8:30 pm Tuesdays and Thursdays, 9am-4:30 pm Fridays, 8:30 am-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday
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New Year Day	10 Seated Yoga 10 Color with Us	10 Mahjong 2 Bid Whist	11 Tai Chi Sword P 12 Tai Chi Practice	9 Beginner Writing 9:15 Draw & Paint
Holiday	_		12 Poker	9:30 Advanced
		4 Tai Chi Beginner 5/6 Tai Chi Fan	1 Ballroom Dance	Walking at
Center Closed	11 Qigong Drop-in 12 Poker	7 Soul Line Dance	1 Chess	Columbia Mall
	1 Zumba	7 Sour Line Dance	3:30 Tai Chi P	
	2 Yoga		3.30 Tal CIII P	1 Pinochle 1 Bridge
	2 Short Stories			1 Watercolor
	3 Urban Line Dance			Basics
	6 Family Law			Dasics
2	3	4	5	6
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9 Legal Aid	9 Exercise w/Ease	10 Mahjong	9 Exercise w/Ease	9 Beginner Writing
10 Chinese Painting	10 Seated Yoga	2 Bid Whist	11 Tai Chi Sword P	9:15 Draw & Paint
10 Morning Workout	10 Color with Us	3 Strength Training	12 Tai Chi Practice	9:30 Advanced
11 & 12:15 Yoga	11 Qigong Drop-in	4 Tai Chi Beginner	12 Poker	Walking at
12 Mahjong	11 Sew Who Cares	5/6 Tai Chi Fan	1 Ballroom Dance	Columbia Mall
1:30 Bridge	12 Poker	7 Soul Line Dance	1 Chess	1 Pinochle
2 Tai Chi P	1 Zumba		2:30 Strength	1 Bridge
3 Cool Line Dance	1 Clutter Busters		and Stretch	1 Watercolor
4 Pinochle	2 Yoga		3:30 Tai Chi P	Basics
5/6 Tai Chi Advance7 Caregiver Support	3 Urban Line Dance 3:30 iPad Lab			
7 Soul Line Dance 9	3.50 IPau Lab	11	12	13
Martin Luther King,	9 Exercise w/Ease	10 Mahjong	9 Exercise w/Ease	9:15 Draw & Paint
Jr. Holiday	10 Seated Yoga	2 Bid Whist	10 Bridge Beyond	9:30 Advanced
31. Honday	10 Color with Us	3 Strength Training	Basics	Walking at
Center Closed	11 Sew Who Cares	4 Tai Chi Beginner	11 Tai Chi Sword P	Columbia Mall
Center closed	11 Qigong Drop-in	5/6 Tai Chi Fan	12 Tai Chi Practice	11 Creative Writing
	12 Poker	7 Soul Line Dance	12 Poker	1 Pinochle
	1 Zumba		1 Chess/Ballroom	1 Bridge
	2 Yoga/Short Stories		2:30 Strength	1 Watercolor
	3 Urban Line Dance		and Stretch	Basics
			3:30 Tai Chi P	
			6:30 New Release	
16			Cinema	
10	17	10		20
	17	18	19	20
9 Legal Aid	9 Exercise w/Ease	10 Mahjong	9 Exercise w/Ease	9:30 Advanced
9 Legal Aid 10 Chinese Painting	9 Exercise w/Ease 10 Color with Us	10 Mahjong 11 BYO Beads	9 Exercise w/Ease 10 Bridge Beyond	9:30 Advanced Walking at
9 Legal Aid 10 Chinese Painting 10 Morning Workout	9 Exercise w/Ease 10 Color with Us 10 Seated Yoga	10 Mahjong 11 BYO Beads 2 Bid Whist	9 Exercise w/Ease 10 Bridge Beyond Basics	9:30 Advanced Walking at Columbia Mall
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga	9 Exercise w/Ease 10 Color with Us 10 Seated Yoga 11 Sew Who Cares	10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training	9 Exercise w/Ease 10 Bridge Beyond Basics 10 Learn to Move	9:30 Advanced Walking at Columbia Mall Pinochle
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong	9 Exercise w/Ease 10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in	10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner	9 Exercise w/Ease 10 Bridge Beyond Basics 10 Learn to Move 11 Tai Chi Sword P	9:30 Advanced Walking at Columbia Mall Pinochle Bridge
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9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 3 Cool Line Dance 3:30 Nutrition Appts. 4 Pinochle 5/6 Tai Chi Advance	9 Exercise w/Ease 10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba /2 Yoga 3 Urban Line Dance 3:30 iPad Lab 7 World Language	 10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5/6 Tai Chi Fan 	9 Exercise w/Ease 10 Bridge Beyond Basics 10 Learn to Move 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess/Ballroom 2:30 Strength and Stretch	9:30 Advanced Walking at Columbia Mall Pinochle Bridge
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iPad Lab and Technology Tune Up

Make your appointment for our Genius Bar. Bring in your tablets, phones, laptops or any other device that baffles you. Our experts will help and guide you.

When: Tuesday, January 10 and January 24

Time: 3:30 pm Cost: Free

The Power of Positive Thinking

The power of your thoughts is a mighty power that is always shaping your life. Positive thinking can bring you joy and help you turn your dreams into reality. The good news is positive thinking can be learned. This class will be taught by Executive/Life Coach, Mary Pat Donelan.

When: Wednesday, January 11

Time: 10 am - 11am

Cost: Free

Bridge Lessons – Beyond Basics

This class is a continuation from the Beginner Bridge class. We will discuss such concepts as transfers, preemptive bids, defensive strategies and improving your chances as declarer. Please stop by to register for this class.

When: Thursdays, January 19, January 26, February 2 and February 9

Time: 10 am - 12 Noon

Cost: \$43

Strength and Stretch

Led by instructor Susan Bisson, this new class combines strength, stretching and core training to help you get the most out of your workout in the least amount of time. Please stop by to register for this class.

When: Thursday, January 12, January 19 and January 26

Time: 2:30 pm Cost: \$18

Learn to Move

Learn how to apply sound movement techniques to your everyday life. You will learn the proper way to move during exercising to keep you safe and avoid injury. Taught by a certified personal trainer. Please stop by to register for this class.

When: Thursday, January 26

Time: 10 am Cost: \$5

SAVE THE DATE

Sight and Sound Theatre Bus Trip

Join East Columbia 50+ Center as we travel to Lancaster, Pennsylvania to see **Jonah** at the Sight and Sound Theatre. Lunch is at Hershey Farm Restaurant. **A deposit of \$50 is due by December 9, 2016** and final payment, March 15, 2017. Depart from East Columbia 50+ at 10 am and return at 7:30 pm. For more information, please call 410-313-7680.

When: May 3, 2017

Time: 10 am depart and 7:30 pm return

Cost: \$135

In the event of inclement weather, please watch or listen for school cancellations. If HOWARD COUNTY SCHOOLS status is:

1 HOUR DELAY— Center is open with programming as usual.

2 HOUR DELAY— Center opens at 10 am. There will be NO lunches served. Only classes and programs scheduled to begin at 10 am or after will be held.

CLOSED—Call the 50+ Center (410-313-7680) or Status Line (410) 313-7777 to see if or when the Center will open. All instructor-led programs are cancelled for the day. There will be NO lunches served.

AFTERNOON & EVENING ACTIVITIES CANCELLED--The Center will not hold any classes, programs or rentals after 4:30 pm.

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call: **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1. Howard County Government does not endorse products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of sponsors.